

# THE (recycled paper) HARVEST

Macdonald College of McGill University

February 27 Février 1990

Published weekly by the Macdonald College Students' Society

Publié hebdomadairement par l'Association Etudiante du Collège Macdonald

## My first time,

I walked into the half empty Deep End with only one thing on my mind. I saw her there, waiting for me. She asked me my name, we chatted, I answered her questions. This was happening way too fast, I couldn't believe it. In a few minutes I was lying on a bed, fearing the unknown. She just smiled as she unrolled the rubber apparatus that was destined for me. I could feel the blood rushing through my veins. "Take a deep breath now", she said with her soft voice. My whole body shuddered for an interminable instant. I was about to black out. She was impressed by the amount of fluid I was producing. When it was all over, she left me there alone, I felt like fainting. As I dizzily rose from the bed a great feeling of pride ran through my numb body. All my life I had waited. Now I had finally given blood.

## Opinion

"Abuse Your Liver!" "Alcohol To Drink" "Bash Your Brains" "Bash Your Face" "Be There Or Be Sober" "Beat The Clock" -- most on Black Label posters.

Well, what a sight for conservative eyes such as mine. Everywhere I turn, there seems to be some sort of ad in the halls for some event or another, and tops on the priority list seems to be booze. And all on a poster of some kind advertising beer.

I don't know much about the drinking habits and attitudes of people here at Mac -- I neither

have really noticed, cared nor asked around. What I mostly see is the occasional, social drinking when a number of good friends get together in residence and the partying Thursday evenings (often I arrive and leave earlier than any of this starts.)

I'm not a teetotaler; I do like a drink here and there, and forget the beer or the wine cooler, I go for the hard stuff. But I don't drink too often and mostly only one drink at an occasion.

**I don't care to  
tell you with  
whom, what,  
where or why  
to drink**

I don't care to tell you with whom, what, where, when or why to drink -- that's not the idea. It's a personal choice. But I do question why the drinking aspect of any event here at Mac is so profusely advertised -- and at an institution of higher learning? To me "profuse advertising (of alcohol)" and "school" seem to have mutually exclusive meanings.

The Deep End and Harrison House bars are great places to socialize. But let's keep it at that -- places for social occasions and social drinking, not places to blast our brains out.

Don Buchan -- Ren Res

## JUST THE WAY YOU ARE

Have you noticed lately how skinny people are on T.V., and in magazine ads, etc.? The lean look is definitely in! Unfortunately only a small minority of people are born looking that way. Yet still, society seems to have accepted this body type as the ideal one. Hence many of us are starving ourselves trying to achieve "the perfect body", and in doing so we are putting a lot of stress on our systems.

Each of us has our own body shape. It is genetically determined and we cannot change it. On top of that, every individual has a weight set point which their metabolism fights hard to maintain, especially when they try to go below it! Besides having lean ancestors, there's not much we can do to attain the "ideal body". Exercise does tend to lower the set point, but not much. Dieting tends to slow down our energy burning metabolism. Another alternative is to accept your body the way it is. You have to face the fact that you may never have "the ideal body".

**You may never have  
"the ideal body"**

This is a crucial step that society has to take if it truly wants to be at its healthiest. Presently a lot of people, mostly young women, are dieting and constantly starving themselves. They wear down their bodies, are more susceptible to infections,

tire easily, and other malnutrition symptoms may occur. Wanting to be super-thin also creates a lot of psychological stress which can lead to emotional disorders such as anorexia.

The pressure to be thin is not only affecting young women, but also young girls. As early as the age of eight, girls are dieting when they don't need to. This is cause for great

**Presently a lot of  
young people, mostly  
young women, are  
dieting and  
constantly starving  
themselves.**

concern because at that age children need a good supply of energy and nutrients for proper growth. And in a few years, at puberty, the need will still be important. In a society where there is in general no economic reason, there are young people suffering from under-nutrition. It is our fault; we chose the extremely lean ideal.

That is why I urge you to change your way of thinking. You should aim for a healthy strong body through a balanced diet and regular exercise, taking into account your natural shape. By accepting yourself and others the way they are, you'll be creating a healthier, happier world, and you'll love yourself all the more.

Diane Jan  
C.F.S.E.A.



## TEST YOUR NUTRITIONAL KNOWLEDGE *by Rita Vissani*

Although today's society is quite health conscious, many of our nutritional beliefs are cluttered by myths and fallacies. How much do we really know about nutrition? The following quiz will test that knowledge!

1. *Fish makes you smart.*
2. *Carrots are good for your eyes.*
3. *Butter has more calories than margarine.*
4. *Grapefruits burn fat.*
5. *Bread is fattening.*
6. *White-shelled eggs are just as nutritious as brown-shelled eggs.*
7. *There is no difference between orange drink enriched with vitamin C and orange juice.*
8. *Honey is better for your health than sugar.*
9. *2% milk has more fat than skim milk.*
10. *Foods high in sugar make you feel energetic.*
11. *Brown bread has less calories than white bread.*
12. *Natural, organic vitamins are better than regular synthetic vitamins.*
13. *Water is the best treatment for water loss through sweat, during strenuous sports or exercise.*
14. *Cheese is constipating.*
15. *Garlic fights hypertension and arthritis.*
16. *Beer has more nutrients than table wine.*
17. *Extra protein gives extra strength.*
18. *Frying adds fat to foods and increases their caloric content.*
19. *Sweet, sticky foods are especially harmful if eaten between meals.*
20. *Salt makes you put on weight.*

### ANSWERS:

1. F. Fish has no effect on your intelligence. However, it does have certain health benefits - it is low in fat and rich in protein and minerals.
2. T. Carrots contain vitamin A which is important in improving your night vision.
3. F. Butter and margarine both contain 35 calories per teaspoon.

4. F. There is no single food that can cause you to burn fat.

5. F. A slice of bread contains approximately 75 calories.

6. T. There is no difference in the nutritional value of brown and white shelled eggs.

7. F. Drinks do not count as servings of fruit juice since they contain primarily water, sugar and flavouring. Although they have added vitamin C they contain few of the other minerals and vitamins normally found in juices.

8. F. Besides calories, both honey and sugar do not contain many nutrients.

9. T. 2% milk contains 2% more fat than skim milk.

10. F. Eating a well balanced diet daily and getting sufficient rest will make you feel more energetic than eating a chocolate bar.

11. F. Both brown and white bread contain about 75 calories per slice.

12. F. Your body has no way of distinguishing between the natural and synthetic vitamins.

13. T. Drinking half a cup of water every 10 to 15 minutes is the best treatment.

14. F. There are no specific foods that cause constipation. However, a high fiber diet which includes plenty of liquids and regular exercise will help prevent constipation.

15. F. There is no scientific evidence that proves garlic has any curative powers.

16. T. Although beer contains slightly higher amounts of B vitamins, the amounts are insignificant when considered as part of a well balanced diet.

17. F. Protein is needed to build and maintain muscles but the only way of strengthening them is through increased muscular work (exercise).

18. T. Fat added during preparation can significantly increase the caloric content of a food. One serving of baked potato has 91 calories (380KJ) vs one serving of french fries which has 155 calories (650KJ).

19. T. Sweet, sticky foods cling to the teeth and if not removed can contribute to dental caries.

20. F. Salt does not supply calories. However, a high salt intake can result in water retention which can lead to a gain in weight.

### Add up your correct answers and rate your score:

18-20 Great score! Must be a Dietetics student.

15-17 Good nutritional knowledge.

10-14 Fair score! Brush up on your nutrition.

Under 10 Poor score! Better watch what you eat.



## ... INTERNATIONAL DEVELOPMENT COMMITTEE (I.D.C.) News ...

The members of the I.D.C. committee are working to increase the involvement of the faculty of Agriculture in international development activities. Promoting new projects, developing training programmes, coordinating existing projects in international agriculture are a few of their activities. Several teachers at MacDonald are already working in development projects involving different disciplines:

E. Block	Dairy Management Upgrading	Brazil
R. Broughton	Soil and water management	Egypt
R.B. Buckland	Agriculture response program 11	Egypt
E. Chavez	Swine production (family farm)	Peru, Salv.
H. Kuhnlein	Sensory impairment, nutrition and MES Scott and infection	Guatemala
A.P. McKenzie	Soil fertility research	Tanzania
C. Madramootoo	Soil conservation	St-Lucia
R. Stewart	Institutional Development	Zimbabwe
B. Simpson	Food science and technology	Ghana

Good for these staff members! It seems as though that an increasing number of MacDonald students are expressing a strong interest in careers related to international agriculture. For the past year a sub-committee of the I.D.C. has been working on establishing a Master of Science Applied (International Agriculture option). Exciting isn't it?! But the proposed master's program which has been approved by the "Agriculture Faculty Council", the "Graduate Faculty executive" and the "Graduate Faculty council" now have to be accepted through: "Academic policy and planning committee", "McGill Senate" and finally the "McGill Board of governors" But that's not it! Let's not forget the need for funding, a crucial issue for the projected starting date in september 1991. GOOD LUCK for its realisation. For more information, contact the chairman of the committee, Dr R.K. Stewart (Ass. Dean.) 398-7708.

### How to get international experience until then?

A lot of non-governmental organizations send young people or students in a multitude of programs. Here are some examples:

#### \* Canada World Youth/Jeunesse Canada Monde

Bureau regional du Quebec  
2330 Notre-Dame Ouest, 4e étage  
Montréal, Québec, H3J 1N4  
(514) 931-3526

#### \* Carrefour Canadien International

Programme de groupe  
2520 Leclaire  
Montréal, Québec, H1V 3A7  
(514) 251-0685

#### \* Crossroads, individual program

31 Madison Ave.  
Toronto, Ontario  
M5R 2S2  
(416) 967-0801

#### \* International Health Exchange Program

1565 Carling Avenue  
Suite 400  
Ottawa, Ontario, K1Z 8R1

#### \* CIDA's Youth Initiative Program

Special programs Branch  
Canadian International Development Agency  
200 Promenade du Portage  
Hull, Québec,  
Jim Wishart is a down-town student working on this...  
(514) 481-3196

International development also starts at home. You can be involved at MacDonald in the "International Student Association", meetings are every Monday at 18h in the student coffee lounge. By the way ISA is not a traditional cooking club!!! "World University Service of Canada", contact Francine Gervais at

Or join World Food Day Committee next fall... These suggestions are open to anyone interested and can give you great non-academic learning experiences.

Caro Harier

Victoria Carter

student representatives I.D.C.



## Mac PGSS Update

Good news! The Macdonald College Post-Graduate Student's Society (PGSS) is going strong this year. We represent grad students here at Mac. PGSS promotes the views of its members on various academic, educational and social issues. We are also involved in organizing social events for the benefit of Mac grad students. All of our council positions are full this year, and our activities have attracted many new students. This is a positive sign for the revival of the Mac PGSS! our agenda so far this year has been very interesting. These are some of the activities and issues which we are currently involved with:

- 1) Closer ties are being established with PGSS McGill, and we are attempting to renegotiate the percentage of our student fees coming back to us so as to increase our operating budget.
- 2) Teaching assistantships continue to be a concern for the Mac PGSS, and we remain actively involved in studying the issue both here and through PGSS McGill.
- 3) Our seminar series started in February with our first speakers, two Russian Economists, who spoke to us on recent reforms in Soviet agriculture. It was a very successful afternoon. The next seminar will be presented March 1 at 3:00pm in R3-043. The speaker will be Dr P. Gold, Dept. of Medicine, McGill, and he will discuss recent advances in cancer research.
- 4) The Mac Grad Student Directory will be available soon. We are almost at the printing stage! Your response to this has been super so stay tuned for its release, and use it to familiarize yourselves with the work and grad students of other departments.
- 5) Movie Club continues Monday evenings in the faculty lounge. Watch the Mouthpiece for weekly showings.
- 6) Discussion has also centered

around the Student Placement Office in an attempt to increase its efficiency for the benefit of all Mac students.

7) Other successful events staged this year by the Mac PGSS have included: the Xmas toy drive for needy children in cooperation with the Ste. Anne's Fire Dept.; and the Superbowl Party at HH in January. In December a monetary contribution was made on behalf of Mac Grad Students to the engineering scholarship fund being set up at Ecole Polytechnique.

8) Finally on March 3 we will be hosting a tour of the Raptor Center followed by a performance by "Michel le Magicien" at Chalet Pruche in the Arboretum. Your kids will have a great time being introduced to birds of Canada, and being entertained by "Michel". See your dept. rep for tickets (only \$2 each; children under 10 free) and further details. This event will be a lot of fun so plan to attend.

So you can see we are very busy this year. Plan now to get involved in some of our activities, and catch our enthusiasm about being a grad student here at Mac!

Alison Jones, Richard Maclean  
Presidents, PGSS

## LES DERNIERES HEURES DU SALON DU LIVRE DE MONTREAL 1989

I had just learned about feasible generalized least squares estimators (FGLS) in Econometrics 662. Since I was already downtown, I decided to head over to the Salon du Livre at Place Bonaventure, to see what it was all about in the last hour before it closed.

After paying my \$3 student admission, I entered the main

exhibition hall, to see a sight joyful to behold for any true librorum helluo, pseudo-intellectual, or other person who delights in those solid (and not-so-solid) volumes of knowledge that keep the dust off the shelves. One thousand publishers were represented at 525 stands, according to one source. All kinds of publishers and subjects (and price ranges) were there, from mystical occult and horoscope to Ahmadiya, Jewish, and Catholic religion; and from cooking to computing. Other sorts of books included: children's books, books on music, art, and cars, and travel guides. Given the great variety of publications, this list cannot possibly be exhaustive.

It should be noted that almost all books on display were published in French, the English publishers and their books having been hidden, perhaps fittingly, in a ghetto-like corner, under the stairs. Nevertheless, the predominant language of publication was no barrier to a quasi-Québécois such as myself. (This article does not appear in French, as my last attempt at l'écriture was sorely mangled by the previous editorial staff.) That so many new books are published in Québec would seem to belie the apparition of a cultural decline.

I inquired at several places, among them: Publications du Québec, Centre d'Édition du Gouvernement du Canada, and Cercle de fermières du Québec, about "un lexique anglais-français des termes agricoles". None of these, nor many others, seemed to know very much about any such lexicon. Given the importance of agriculture to the rural economy and culture of Québec, and the need for agricultural knowledge to be communicated to farmers from both Mac graduates (who study in English) and English-language publications, this appears to be a glaring gap in the market.

Noteworthy publishers

included: Economica, specializing in (obviously!) books on economics, including paperback translations of current texts like Johnston's book on econometrics; and Nouvelles Frontières, selling Russian books both in Russian and translated into French. Along with the usual tracts on Marxisme, the latter had what seemed to be very good texts and reference books on mathematics, engineering, statistics, and physics. They were also very cheap, perhaps subsidized by the Soviet Union or its economy. Elsewhere, at the other extreme, the Larousse Agricole was priced at about \$135. Another stall, run by the French Consulate, was devoted to books on the French Revolution. It was probably unique to this year's Salon du Livre.

Sorely tempted as I was, and given the opportunity to benefit from a 20% off end-of-show deal, I did not buy: Pratique de l'état au Québec, Justice et Pouvoir, or any other book.

There was so much to see and inquire about that I still had not had the chance to visit even one-half of the displays by 8:20, at which time they were already rolling up the carpets, removing the signs, ripping up the tape, and packing the books in boxes.

Next year, do not miss the Salon du Livre de Montréal 1990. Go there for novels, texts, agendas, tapes, compact discs, journals and magazines, catalogues, and many other books and publications. Be sure to go earlier than I did, maybe on the second day; and, according to your budget and ability to exercise self-restraint, either bring your cash, credit cards, or cheque books, or leave them at home.

Peter S. Tarasoff

The best Royal in recent memory (thanks again to Jane, Ingrid & Tony), tuition fee increases... Why hasn't anybody written us an article? Use the green box!!



